

# Outlines of PADI Open Water Diver Course Training Dives

<p><b>Open Water Dive One</b></p> <p>Briefing            Equipment preparation            Don and adjust equipment            Pre-dive safety check            Entry            Buoyancy/weight check            Controlled descent (max. depth 12m/40ft)            Underwater exploration            Ascent            Exit            Debrief and log dive</p>	<p><b>Open Water Dive Two</b></p> <p>Briefing            Equipment preparation            Don and adjust equipment            Pre-dive safety check            Entry            Buoyancy/weight check            (Cramp removal, self and buddy)*            (25 metre/yard tired diver tow)*            (Snorkel/regulator exchange)*            Controlled descent (max. depth 12m/40ft)            Buoyance control – fin pivot, low pressure inflator            Partial and complete mask flood and clear            Regulator recovery and clearing            Alternate air source use stationary and AAS assisted ascent            Underwater exploration and buoyancy control            Ascent            (Weight removal at surface)*            Exit            Debrief and log dive</p>	<p><b>Open Water Dive Three</b></p> <p>Briefing            Equipment preparation            Don and adjust equipment            Pre-dive safety check            Entry            Buoyancy/weight check            (50 metre/yard straight line surface swim with compass)*            Free descent with reference to 6-9m/20-30ft (max. depth 18m/60ft)            Buoyance control – neutral buoyancy on bottom, fin pivot oral            Complete mask flood and clear (CESA)*            Buddy breathing – stationary and ascent from 6-9m/20-30ft (optional)            Underwater exploration            Ascent            (Remove and replace weight system at surface)*            (Remove and replace scuba unit at surface)*            Exit            Debrief and log dive</p>
<p><b>Open Water Dive Four</b></p> <p>Briefing            Equipment preparation            Don and adjust equipment            Pre-dive safety check            Entry            Buoyancy/weight check            Free descent without reference no deeper than 18m/60ft            Buoyance control – hovering            Mask removal, replacement and clearing            (Underwater navigation with compass)*            Underwater exploration            Ascent            Exit            Debrief and log dive</p>	<p><b>Optional Skin Dive</b></p> <p>Briefing            Equipment preparation            Suiting up            Equipment inspection            Entry            Buoyancy/weight check            Surface swim            Surface dives and underwater swimming            Displacement snorkel clear            Underwater exploration            Exit            Debrief and log dive</p>	<p><i>* Dive Flexible Skill – recommended sequencing as shown, but may be conducted in Open Water Dive Two, Three or Four at the instructor's discretion and based on logistics. See page 3-7 of this guide for details.</i></p>